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PRINCIPLES OF PUBLIC HEALTH. By Thomas D. Tuttle, B.S., M.D., Secretary and Executive Officer of the State Board of Health of Montana. Price, 50 cents. World Book Company, Yonkers, N. Y.

This book, which a sub-title designates "a simple text-book on Hygiene—presenting the principles fundamental to the conservation of individual and community health," is written in the style of a primer and its very important subject matter is presented in such a simplified manner that it is easily understood by children or foreigners who have not been in the way of education early in life. Each chapter is followed by a list of questions and also by a list of the most important facts to be learned in the chapter.

The subject includes the care of the body—with due regard to clothing, food, general behavior, recreation; care of the eyes, teeth, and skin. This comprises the first half of the book. The second part carries us into direct warfare with the "enemies of health"—disease and disease carriers—water, insects, careless subjects of infectious disease, and their attendants, etc. The book ends with a short summary of anatomy and some urgent advice to teachers to use greater frankness with pupils when dealing with vital subjects.

MOTHERHOOD. By Hudson D. Bishop, M.D., Visiting Obstetrician to the Maternity Hospital, Cleveland, Ohio. Price \$1.00. Rose Publishing Co., Cleveland, Ohio.

A manual prepared for nurses and students, but also and especially for mothers, this book treats of the management of pregnancy and the preparation and conduct of labor; besides giving the principles of infant feeding and the care of young children up to the age of one year.

The book illustrates the change that has come about during the last twenty-five years in the conduct of obstetrical nursing. Formerly, and to a great extent long after the need for specialized nursing was recognized in other departments, the monthly or experienced nurse was preferred to a trained graduate nurse in obstetrical practice. The untrained nurse claimed to have experience which when sifted down generally showed that she had been the victim of the inexperience of others. With this kind of nursing there flourished the family doctor book, the two went hand in hand into the household, and kindly and innocently preserved that belief in luck which was relied upon in the absence of skilled care. "Motherhood" is designed as much for the instruction of the laity as for professionals. It is not intended that the expectant

mother can make it serve to dispense with either doctor or nurse, but to teach her how important at the most critical time of her own and her child's life it is that she have the highest kind of specialized care and nursing.

Besides going into the detailed direction regarding the management of pregnancy and labor, Dr. Bishop makes an important point of the education of the mother, in order that she may be able to note for herself whether the technic of her nurse and doctor be correct or not; believing that just as soon as the laity is educated to the point of recognizing the importance and gravity of conditions in this connection, it will demand not only the highest degree of skill obtainable, but also the evidence of such. When this time comes it will be as difficult for a nurse to practise without her diploma as it now is for a physician to do so.

The book is written in the simplest possible language from which technical terms and Latin words have been as far as possible expunged; it has also dispensed with illustrations which are apt to leave a terrifying impression upon persons who are unaccustomed to the conduct of labor.